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Food and Home Notes

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No baking powder in the house? Try using $\frac{1}{4}$ teaspoon of baking soda plus $\frac{5}{8}$ th teaspoon of cream of tartar, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ cup fully soured milk or buttermilk, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ tablespoon of vinegar or lemon juice used with sweet milk to make $\frac{1}{2}$ cup, or $\frac{1}{2}$ teaspoon baking soda plus $\frac{1}{4}$ to $\frac{1}{2}$ cup of molasses.

* * *

Home-made Cottage cheese have a sour, acid flavor? Too much acid probably developed before and during cooking of the curd or too much whey was retained in the curd. Or maybe it wasn't sufficiently washed and drained.

* * *

Too much moisture in home-made cottage cheese makes it soft and wet. It may result in letting too many large curd particles form.

* * *

Cottage cheese contains about 20 percent milk solids, and many of the same nutrients found in fresh milk.

* * *

BICENTENNIAL SLIDES

—ON AMERICAN RESOURCES

America is not "limitless and full of inexhaustible resources," as a French historian once said when he visited the United States back in the 1830's. There are limits to our wildlife and the forest as well as the productivity of our soils according to the new slide set called, "Limits," produced by the Soil Conservation Service of the U.S. Department of Agriculture.

Many old books were examined and a number of old photographs from the 18th century were copied to complete this slide collection. Original pictures were copied of the land rushes that followed passage of the Homestead Act and of the European settlers in the New World hacking down forests to get timber for shelter. There are also pictures of Monticello, and of John Wesley Powell's historic 900 mile trip down the Colorado.

"Limits" is an appropriate slide set to show audiences interested in conservation. It may be purchased for \$20.50 from: Photo Division, Office of Communication, USDA, Washington, D.C. 20250. (A programmed cassette with sound-track and two copies of the illustrated narrative guide included.)

TABLE 1 — ESTIMATED COST FOR CANNING 280 QUARTS

| | |
|---|-------------|
| Pressure canner (amortized over 20 years) | \$ 3.25 |
| Repairs | .75 |
| Water bath canner (amortized over 10 years) | .60 |
| Small Equipment | .50 |
| Water and steam | 12.00-16.00 |
| Electricity for processing @ 4.5¢ /Kwh: | |
| 140 quarts presser canner | 1.30 |
| 140 quarts water bath canner | 2.00 |
| TOTAL | 25.00 |
| Per quart | .09 |

TABLE 2 COST ANALYSIS OF HOME CANNING - JUNE, 1975

| PRODUCE (IN QUARTS) | COST OF JAR UNITS OR LID | | COST OF PRODUCE PER QUART * | COST OF ADDITIONAL INGREDIENTS PER QUART | COST OF PROCESSING PER QUART (ELECTRICITY) | TOTAL COST PER QUART (USING ELECTRICITY) |
|------------------------|--------------------------|-------------|-----------------------------------|---|---|---|
| | JAR AND LID | LID ONLY | | | | |
| PEACHES | | | | | | |
| 1 bu. @ \$9.25 | JARS ON HAND: 0.0¢ | 4.6¢ | GIFT: 0.0¢ | SUGAR: 15¢ | 0.9¢ | 20.5¢ |
| yield | JARS ON HAND: 0.0¢ | 4.6¢ | BUY: 46.3¢ | SUGAR: 15¢ | 0.9¢ | 66.8¢ |
| 20 quarts | JARS PURCHASED: 28.3¢ | (@ 55¢/doz) | | | | |
| | JARS PURCHASED: 28.3¢ | 0.0¢ | GIFT: 0.0¢ | SUGAR: 15¢ | 0.9¢ | 44.2¢ |
| | (@\$3.39/doz) | 0.0¢ | BUY: 46.3¢ | SUGAR: 15¢ | 0.9¢ | 90.5¢ |
| TOMATOES | | | | | | |
| 1 bu. @ \$.25 | JARS ON HAND: 0.0¢ | 3.3¢ | GIFT: 0.0¢ | | 1.0¢ | 4.3¢ |
| yield 17 | JARS ON HAND: 0.0¢ | 3.3¢ | BUY: 25.0¢ | | 1.0¢ | 29.3¢ |
| quarts | JARS PURCHASED: 24.9¢ | (@39¢/doz) | | | | |
| | JARS PURCHASED: 24.9¢ | 0.0¢ | GIFT: 0.0¢ | | 1.0¢ | 25.9¢ |
| | (@\$2.99/doz) | 0.0¢ | BUY: 25.0¢ | | 1.0¢ | 50.9¢ |
| GREEN | | | | | | |
| 1 bu @ \$6.00 | JARS ON HAND: 0.0¢ | 3.3¢ | GIFT: 0.0¢ | | 0.6¢ | 3.9¢ |
| yield | JARS ON HAND: 0.0¢ | 3.3¢ | BUY: 37.5¢ | | 0.6¢ | 41.4¢ |
| 16 quarts | JARS PURCHASED: 24.9¢ | (@39¢/doz) | | | | |
| | JARS PURCHASED: 24.9¢ | 0.0¢ | GIFT: 0.0¢ | | 0.6¢ | 25.5¢ |
| | (@\$2.99/doz) | 0.0¢ | BUY: 37.5¢ | | 0.6¢ | 63.0¢ |

* Cost in Ithaca, 1974 growing season
Prepared by R. Klippstein & E. Wallace, Division of Nutritional Sciences 7/21/75 s.c. Cornell University.

Note that the Total Cost Per Quart figures does not include cost of time spent and equipment used. Adding cost of equipment would add from ¼ - ½¢ per quart to the total cost as given. Total cost per quart could be reduced through greater yield per bushel by careful shopping or home gardening.

HOME CANNING TIME AGAIN

——Is It REALLY WORTH IT?

Getting ready for the home canning season? Or — did you put "food by" last year and decide "never again!"

DID YOU...USE THE FOOD THAT YOU PRESERVED LAST SEASON?

Remember all those preserves, pickles, and tomatoes you canned... did the amount that you preserved meet your family needs? Did you have enough for your extra dinner guest, too? If not, maybe you should plan differently this year.

Dr. Evelyn Johnson, of the U.S. Department of Agriculture's Extension Service, suggests that you plan for just one season at a time. You don't have to plan to "hold up" for the winter as most of our forefathers did. With the cost of food going up and down you are never sure whether it will be cheaper next week (and who knows about next year!) or considerably more expensive. Home preservation of food saves money — doesn't it? "Not always", according to Dr. Johnson.

Lack of home storage facilities prevent most families from planning too far ahead anyway, but one season is just about enough according to Dr. Johnson. You should plan to make use of your jars more than once a year — go with the time for tomatoes and then green beans and so on with your plans. Although foods held many months are safe to eat, remember, the longer you keep your food the more chance the quality of the food may be reduced. There is almost always some loss in quality, and even in color, if you keep your preserved food on the shelf too long.

DID YOU REALISTICALLY COMPARE?

Did you have any trouble last year with food spoilage? Did you remember to date all the jars? That's important!

MORE

HOME CANNING (CON'T)

As you used your home canned foods, did you also check the supermarket for a comparative item to see how the costs compared to your home product? Did you actually save time, money and energy by canning? If so, how much? (see chart 1)

AND, IF YOU STILL PLAN TO CAN——

Get your jars and equipment ready by washing them early and checking the jars and the rings. Check the gasket for the pressure canner — is it working properly? Do you have your instruction book handy so that when you start you can be sure you're right?

Home canners should consider — 1) adequate space is necessary for storage. If your canned foods are stored in a cold area the food may freeze and jars burst. If your canned foods are stored in an overheated storage space the quality of the food is lowered. 2) creativity in canning and canning without exact instructions may result in food waste and possibly family illness due to food spoilage. 3) unless you are absolutely sure of your canning methods, boil home canned foods 10 minutes or more. 4) Remember, some foods (for example, carrots) are available year around at reasonable cost.

Canning — still probably the most economical and practical method of preserving food in the home provides a feeling of personal accomplishment — It brings family members together in creative activity, provides security in having food within arm's reach and offers a supply of food prepared according to family preferences and special dietary needs. —But,

If you didn't enjoy the fruits of your labor...or if you "over-canned" you should contact your county extension agent for some help in planning before you start this year.

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